

# University of Manitoba set to strike

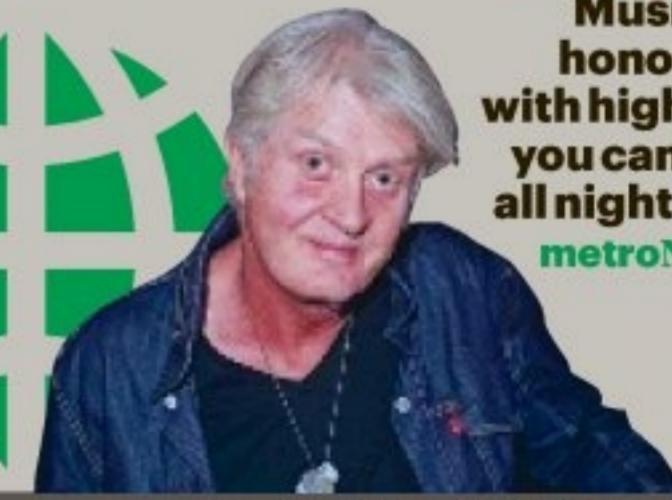
metroNEWS

# Winnipeg metro

Your essential daily news | TUESDAY, NOVEMBER 1, 2016

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# MEET CHERYL THE WINNIPEG WOMAN HELPING THE DEMOCRATS DEFEAT TRUMP

metroNEWS



## Heart surgery patients warned of infection risk

### HEALTH

#### Device used to heat, cool blood may have been contaminated

More than 4,300 adults who have had open-heart surgery at the St. Boniface Hospital in Winnipeg since 2012 are being notified about potential infection.

"The overall risk to patients is very low and we have not re-

ceived any reports of infections here in Manitoba," Dr. Rakesh Arora, a cardiac surgeon with the Winnipeg Regional Health Authority, said Monday.

Arora said a device used to heat and cool blood during surgery has been linked to an infection caused by a non-tuberculosis mycobacteria.

Patients are being sent letters advising them of the risk and letting them know who to contact should they have any questions or concerns.

The Centers for Disease Con-

trol and Prevention in the United States estimates the risk to be less than one per cent.

In October 2015, the CDC issued a warning to health providers on the need for increased vigilance for such infections.

The device is used in hospitals across Canada, as well as the United States and Europe.

It is strongly suspected the bacteria was present in the equipment during manufacturing, but was not detected at the time.

"It is not uncommon for these devices to get contaminated,"

Arora said.

"It is difficult to know if your machine is infected or not, so there is a deep cleaning procedure that we are using to help minimize any risk with the device."

The heating-cooling devices are essential to performing open-heart surgeries.

The bacteria is commonly found in the environment and rarely causes complications. The infection grows very slowly and

**4,300**

The number of people who are being notified about potential infection.

is difficult to diagnose. In some cases, patients can develop symptoms months or even years after surgery.

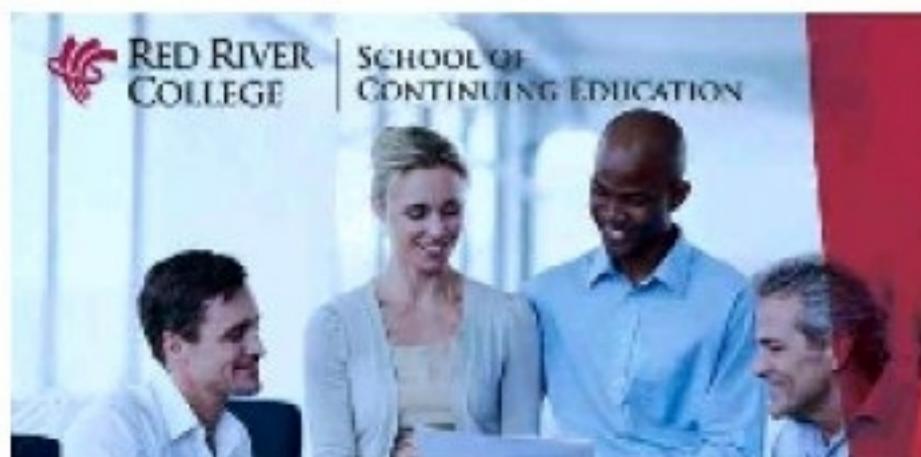
Health officials say the infection is not contagious and cannot be spread person to person.

There is no screening test to see if patients have been exposed during surgery. The infection is not detectable unless symptoms develop.

"Individuals who have had

open heart surgery should contact their family physician if they are experiencing the following symptoms: night sweats; muscle aches; weight loss; fatigue; unexplained fever; and redness, heat, or pus around the sternal surgical incision," the Winnipeg health region said.

The devices at St. Boniface Hospital are being tested for the bacteria and the health region said it is following all new recommendations from the manufacturer to reduce the risk of infection. THE CANADIAN PRESS



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THE DIFFERENCE IS HERE

Your essential daily news

Former Bank of Canada governor Mark Carney to stay with Bank of England until 2019.

New homes are on the rise in Winnipeg's east side. In its recent decision to levy growth charges on new builds — without provincial approval — the city could face a court challenge, according to an urban policy expert. LYLE STAFFORD/FOR METRO



## Fed judge may rule on growth fees

URBAN POLICY

### Local debate could end up at Supreme Court: Expert

 **Stephanie Taylor**  
Metro | Winnipeg

A local expert in urban politics says the City of Winnipeg's new impact fee bylaw could set a

"legal precedent" if challenged in court.

Last Wednesday, city councillors approved a plan to levy growth charges on new builds — without provincial approval — arguing they have legal authority to do so under the City of Winnipeg Charter.

But Aaron Moore, an assistant professor at the University of Winnipeg, says that position is a murky one.

Traditionally, Moore explained, Canadian municipalities require provincial approval or explicit legislative permission

to enact new revenue streams.

On the other hand, a city operates under provincial legislation that allows local governments to do whatever it takes to fulfill their roles, he said.

"It could be an interesting test of the authority of municipalities," Moore explained. "We have a few court decisions where the Supreme Court, in particular, has allowed municipalities to pass bylaws to do something that wasn't exclusively granted to them."

"We haven't seen that for revenue."

In any case, Winnipeg's

growth fees plan will likely be tested in court as both the Manitoba Home Builders' Association and the Urban Development Institute plan to take legal action against the city to prove the bylaw — set to take effect Tuesday — is illegal.

The province is also undertaking its own legal review of the matter.

For lawyer-turned-city councillor Brian Mayes, the city's legal argument hinges upon levying the charges as regulatory fees,

not a tax.

"There is a very important legal distinction between a fee and a tax," he explained.

"Certainly, if you take the dough and put it into general revenue, that is a tax. If you take the fees and you implement in accordance with a complex regulatory scheme, then that is an acceptance fee," Mayes said on Monday.

"I think it's a unique case in that no other city has done this on this exact item."

Although the city's legal services depart-

ment has yet to publicly outline its legal interpretation on growth fees, Mayes told reporters he did his own case law research and discussed the issue with chief operating officer, Michael Jack.

Mayes believes city hall can successfully prove it has a plan to put growth fee revenue into a separate council-controlled infrastructure fund — and not stored in a slush fund, as some critics would say.

"I think we have a strong case. I don't blame the developers for saying they want to go to court to test it out," said Mayes.

HONOUR

## Tom Cochrane song inspires name for highway

Canadian rocker Tom Cochrane said he was overwhelmed Monday, as the Manitoba government named a section of highway near his hometown of Lynn Lake after one of Cochrane's biggest hits, "Life Is A Highway."

"If you can be humbled and flattered at the same time, I guess I'm a mixture of both," the singer said.

"The town is, you know, a pioneer frontier town. People just have an indomitable spirit there. And I think that my dad and my mom instilled that in me. You know, my dad was a bush pilot up there. He helped open up the north. So I think I've taken some of that strong community spirit they had with me and sort of incorporated that into my music."

A 322-kilometre section of provincial Highway 391, connecting Lynn Lake to Thompson, is being renamed Tom Cochrane's Life Is A Highway, 25 years after the song reached best-sell-

ing charts in Canada and abroad.

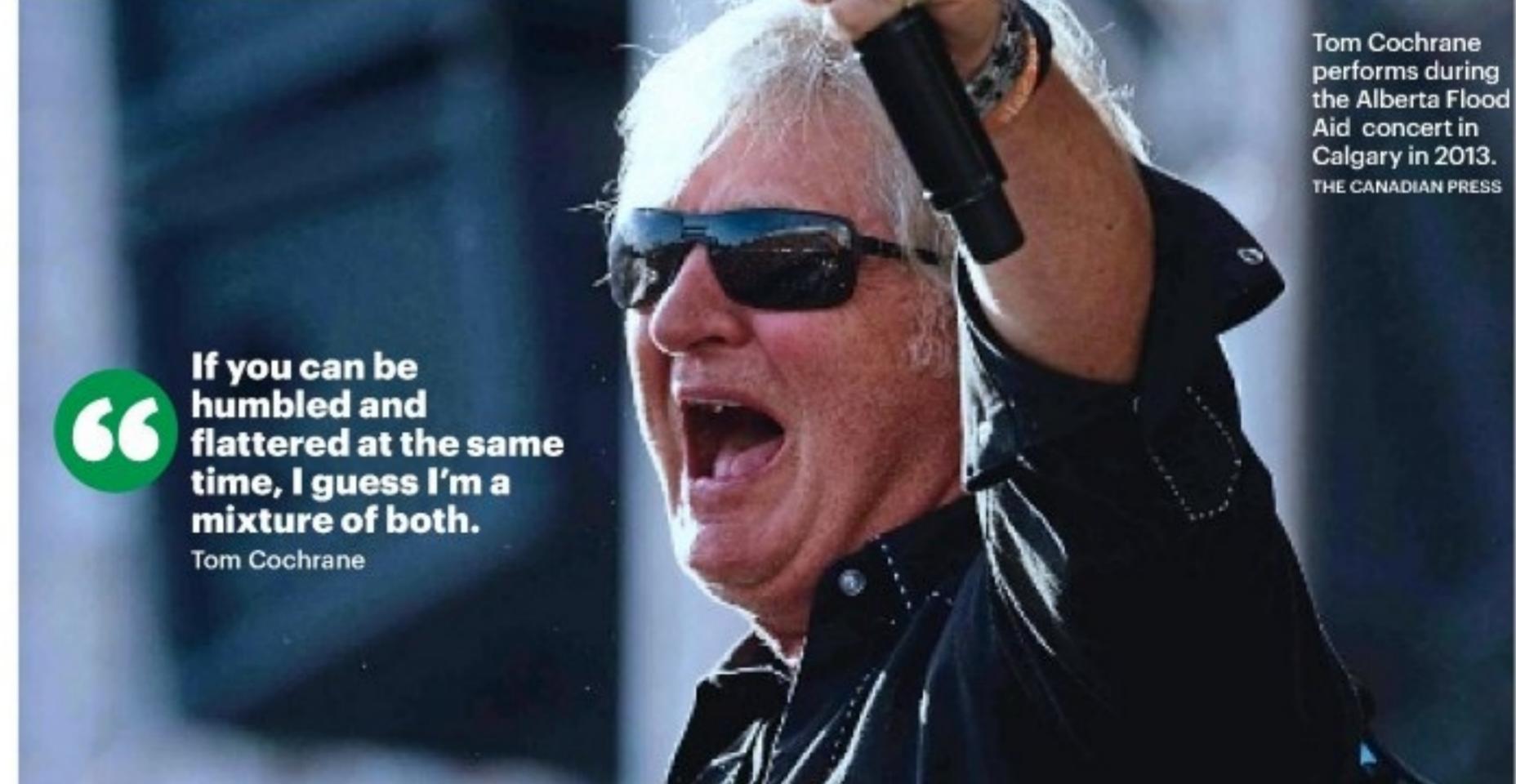
Cochrane performed the song and another hit from that era, "Big League," before an audience of dignitaries at the foot of the legislature's grand staircase.

Premier Brian Pallister called Cochrane a great composer who wrote a song that is a metaphor for life.

"Because life is a highway. It's got its on-ramps, it's got its off-ramps, it's got its ditches, it's got its side roads, it's got its up and its downs, and it's got its adventures," Pallister said.

The recognition is the latest in a series of honours for Cochrane, 63, who broke onto the music scene with Toronto-based Red Rider in the late 1970s. He is a recipient of the Order of Canada and is in the Canadian Music Hall of Fame. He has also been recognized for his charity work with groups such as World Vision and Amnesty International.

THE CANADIAN PRESS



Tom Cochrane performs during the Alberta Flood Aid concert in Calgary in 2013.  
THE CANADIAN PRESS



University of Manitoba Students' Union president Tanjit Nagra said she wished students had more answers to their many questions ahead of a possible faculty strike. JESSICA BOTELHO-URBANSKI/FOR METRO

# Students spooked by pending faculty strike

UNIVERSITY OF MANITOBA

**Deadline set to pass Tuesday at midnight**

 **Jessica Botelho-Urbanski**  
For Metro | Winnipeg

Goblins and ghouls aside, news of a pending faculty strike at the University of Manitoba on Halloween left many students feeling spooked.

After about eight months of contract talks with the University of Manitoba, the University of Manitoba Faculty Association was set to strike Tuesday at midnight, leaving the future of the fall semester uncertain for about 30,000 students.

University of Manitoba Students' Union president Tanjit Nagra said she wished she had more answers to provide for the hordes of worried students.

"(There's) a lot of questions regarding 'is this going to delay exams? What's this going to do to graduation?' So I've been assured that the semester under no circumstance would be a write-off, but I have been told that if a strike lasts very

long...we would delay fall term. Exams would go into January and we'd delay the start of winter (term)," Nagra said.

The last U of M strike happened over four days in 2001 and didn't affect the school year drastically. UMFA is prepared to hit the picket line Tuesday morning and will go back to the negotiating table with the university Wednesday.

Over the weekend, the school and faculty association were having daylong talks, which wound up being "disappointing," said UMFA president Mark Hudson.

**I've been assured that the semester under no circumstance would be a write-off.** Tanjit Nagra

Hudson said the university rejected UMFA's final offer Monday morning and UMFA refused to compromise further on issues of workload protection, performance evaluations and job security protections for faculty.

"In a way, we were flabbergasted that the administration was unable — in a context in which we were talking about

a zero per cent (raise) on salary — they were unwilling to accommodate those fairly basic protections," Hudson said.

John Kearsey, vice-president external for the U of M, said the university compromised on these complex issues and they were also disappointed UMFA rejected three agreement proposals this year.

"We made a lot of movement in the language that we were willing to incorporate into a new collective agreement and that just wasn't satisfactory for UMFA and so over this issue, they're going to take to the streets tomorrow

worry their student visas may expire if class schedules are adjusted too much, Nagra said.

Michael Barkman, chairperson of the Manitoba chapter of the Canadian Federation of Students, stood in the university concourse fielding students' questions Monday. Many of them wondered what it means for students to cross the picket line.

"It's good to know that the profs won't necessarily stop people from crossing the picket line, but it's also constitutionally your right not to attend an exam or a class if there's a picket line going on," Barkman said.

Some classes will continue as normal because not all professors are tenured and part of UMFA, teaching on a sessional basis instead. About 1,200 professors, instructors and librarians belong to the UMFA, Hudson said.

According to the university, 270 instructors are employed on a sessional basis.

The university registrar is currently compiling a list of which classes will be in session and which won't, to be posted online and shared by UMSU, Nagra said.

## METRO ASKS

**How would picketing profs affect your studies?**

JESSICA BOTELHO-URBANSKI FOR METRO

**I don't want to have the possibility of pushing my scheduling into January because that really badly affects everything that I have planned ... I might have travel plans and stuff and I might have to cancel.**



Yazan Hammad

**I'm in education, so I'm especially worried about it affecting practicum. I'm hoping it doesn't get to that point.**



Christina Cooper

**The professors in my department are all extremely supportive of UMFA and will be following the striking procedure, and I support all of them in their decisions to do that. But as a grad student, I will be less affected.**



Matthew Robinson

**I would be really very sad. Because we're international students so if they postpone their classes, we'll probably have some problems with our courses. We don't want to delay them ... And our tuition is really expensive.**



Benyao Zhao

# Women to help Dems defeat Donald Trump

## ★ U.S. ELECTION ★

### A dozen Canadians head south on a mission

A Winnipegger is leading a dozen Canadian women to Florida on a mission unrelated to sun, surf and sand — they intend to help Hillary Clinton defeat Donald Trump.

They're bunking in a pair of houses that will serve as temporary campaign dorms for the travelling Canucks, as they knock on doors and make calls in what's arguably the most important region of the most important swing state in the U.S. election.

"We didn't come here to have a holiday — we're here to work," said Cheryl Conley-Strange.

"It's a lot of work."

She knows from experience. The Winnipeg woman has worked every federal Liberal campaign since 1979, when she was a poll captain for future foreign minister Lloyd Axworthy. She'd intended to retire from organizational work after the federal election, satisfied with the state of her party.

But she figured she had one more campaign in her.

Conley-Strange chatted with Manitoba friends about helping political allies in the U.S.: "I started saying to them, 'Hey, why don't we go down to the States and help (the Democrats)?'" To be neighbourly — to help people who feel the same way we do (about issues)."

She suggested staying at her family's winter home in central Florida. So many people took her up on the idea that they wound up getting a second place in the same Kissimmee neighbourhood. She'd bought in that location a few years ago — she liked the proximity to Disneyworld.

It also happened to be on rich electoral soil.

She only realized recently that Central Florida is considered the swing region of the biggest swing state. It's sandwiched between Florida's solidly Republican north and solidly Democratic south. And it has tens of thousands of new available votes. An influx of Puerto Ricans is having a ripple-effect on the politics in this area, and therefore on the country.

These new residents are eligible to vote immediately, as Puerto Ricans are U.S. citizens. They tend to be more liberal than the state's Cuban voters. And their ranks are growing to



Cheryl Conley-Strange canvasses for Hillary Clinton in Kissimmee, Fla., on September 17. Conley-Strange helped organize a group of a dozen Manitoba friends, now headed down to help the Democrats in the crucial swing state of Florida. THE CANADIAN PRESS

“

**We didn't come here to have a holiday — we're here to work.**

Cheryl Conley-Strange

is the swing region in Florida... (And) Donald Trump needs Florida to win. If Hillary (Clinton) captures Florida, well, she captures the White House."

Central Florida's population has grown almost 10 per cent since the last election, and 60 per cent of that growth is Latino. Mi Familia Vota alone has registered more than 33,000 people in the area this year, and half were Puerto Rican.

Conley-Strange played a role in registration.

She came in September to meet Democratic party organizers; helped set things up for the arrival of her friends; and made calls to register voters.

She sat near Spanish-speaking colleagues, and turned over the phone whenever she couldn't communicate with someone in English.

Her friends arrive over the coming week.

They include a former Manitoba Liberal candidate and provincial party official. Because she arrived earlier, she got to attend a campaign rally last week featuring President Barack Obama: "It was like seeing a rock star," she said.

"A once-in-a-lifetime experience."

She said she supports the Democrats for their shared views on social issues, like same-sex marriage and women's rights. As for their opponent, she expressed dismay over things Trump has said about foreigners, like Mexicans.

"It just goes so far beyond anything we're used to seeing in politics," she said.

"It can't become the norm." THE CANADIAN PRESS



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# Tireless and inspirational

## HEALTHCARE

## Local doctor recognized as one of the best in Canada

**Braeden Jones**  
Metro | Winnipeg

A lot has changed since Dr. Pravinsagar Mehta came to Winnipeg to start his practice in 1972, but his commitment to his patients and his adopted community hasn't wavered.

On Friday, the College of Family Physicians of Canada (CFPC) is recognizing him as one of the top family physicians in the country for his many contributions to health-care in the city and diligent community-based family medicine practice for the past 40 years.

**It's been a hard place to leave because you become so entrenched, you become a part of the community.**

Dr. Pravinsagar Mehta

Mehta recalls working relatively independently as a solo practitioner in the early '70s.

"We are changing the way we practice medicine now, it's more collaborative," he said. "We now

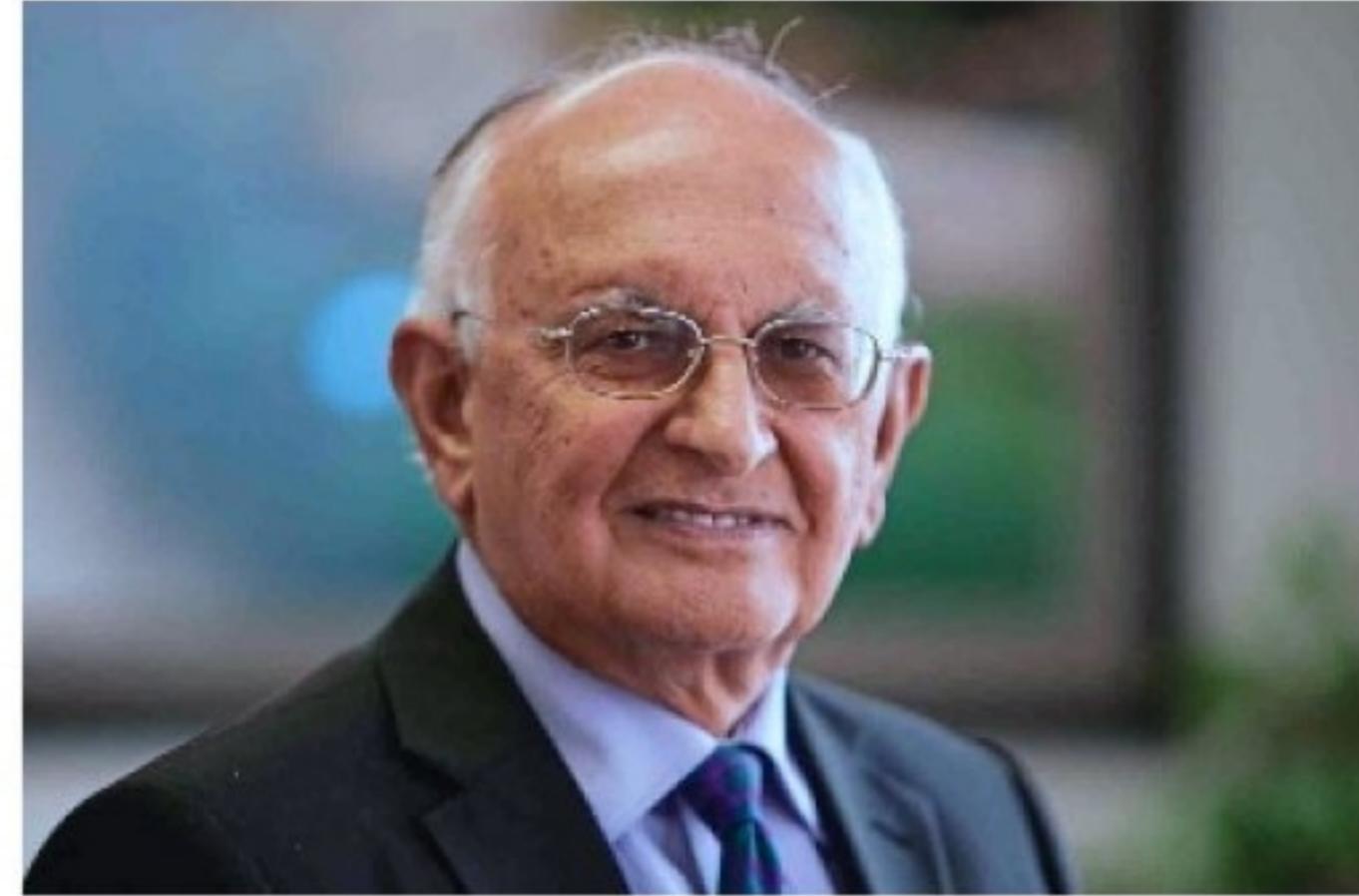
Mehta said it's "been a privilege" to take care of Winnipeggers during that time, but added the purpose his work here has given him has been so fulfilling, it's as though "they take care of me as well."

"It's been a hard place to leave because you become so entrenched, you become a part of the community," he said.

It's a community, and a health care system that he believes he's fortunate to belong to as it continually evolves.

"I've kept up with changes, I think that's one thing I find exciting... I embrace change easily and look at it as an opportunity," he said.

Mehta recalls working relatively independently as a solo practitioner in the early '70s.



Dr. Pravinsagar Mehta will be recognized by the College of Family Physicians of Canada for his many contributions to his community in Winnipeg. **Contributed**

have a group of individuals who help us, including shared mental health councillors, psychiatrists, nurse practitioners, physician assistants, and we've also made it easier for patients to access

(care) because of that."

Mehta has held various leadership roles within the Winnipeg Regional Health Authority (WRHA) over the years, and is currently president of the WRHA

Medical Staff Council, as well as a member of the CFPC Health Care of the Elderly Program Committee.

The latter role fits well with his specific interest in geriatric

## HUMAN RIGHTS TRIBUNAL

## Liberals to support motion for First Nations child welfare

The federal Liberals plan to support an NDP motion on First Nations child welfare when it comes up for a House of Commons vote on Tuesday—a decision that follows political pressure from the former chairman of the Truth and Reconciliation Commission.

In strongly worded written comments obtained by The Canadian Press, Sen. Murray Sinclair said he cannot overstate the importance of the federal government immediately complying with legal orders from the Canadian Human Rights Tribunal.

"Canada's discriminatory policies have led to greater failed and failing interventions into the lives of indigenous families than the residential schools and serious changes must be under-

taken," Sinclair said.

Indigenous Affairs Minister Carolyn Bennett took to social media on Monday to say the Liberals plan to vote in favour of the motion.

The government also says it is willing to sit down with the parties in the case.

"The federal government is open to entering into a facilitated process and agrees such a process could support us in working together to find timely, meaningful solutions to implement and respond to the issues raised by the tribunal," Bennett said in a letter to the Canadian Human Rights Commission dated Oct. 29.

In September, the commission urged the parties to resolve their dispute without further

**\$155M**

The NDP motion calls for an immediate \$155-million investment and a funding plan for future years.

legal action.

The NDP motion calls for an immediate \$155-million investment and a funding plan for future years.

It also urges the government to adopt Jordan's Principle, which says no aboriginal child should suffer denial, delay or disruption of health services available to other children because of jurisdictional feuds.

THE CANADIAN PRESS

## ENVIRONMENT

## Compost talks delay

**Stephanie Taylor**  
Metro | Winnipeg

It will be at least another month before Winnipeggers learn what kind of consultation the city will do for organics waste pick-up.

On Monday, the city's manager of engineering services, Geoff Patton, requested the environment committee grant a 30-day extension.

The plan was for staff to return with a revised consultation plan for organics collection, which was first ordered in April.

**JIM BURT**

In Monday's edition of Metro Winnipeg, Jim Burt's name was misspelled ("Sweet success in candy business", p. 3).

Metro regrets the error.

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medicine, and Mehta said having started his career in St. Boniface was a boon for someone with that specialty.

"It was the perfect stomping place because that's where one of the first programs in Canada was born for separate care of the elderly," he said.

Mehta was a part of that pioneering movement in geriatric specialization, and continues to hold charge over 500 beds as the attending physician in long term care at Actionmarguerite, where he's served as Medical Director since 1976.

And despite working in care homes, running a private practice, sitting on boards and committees, and teaching at the University of Manitoba, Mehta makes house calls for his elderly patients, because he believes patients should "be able to access their doctors 24/7."

On Friday, he'll be awarded the Reg L. Perkins award.

Jennifer Hall, CFPC President, said it recognizes "tireless commitment and inspirational leadership that benefit(s) patients, communities, and family medicine research and education."

# Immigration goals 'anti-climactic'

FEDERAL GOVERNMENT

## Keeping levels at 300,000 disappointing for many

Ottawa will bring in the same number of immigrants in 2017 as it did in 2016, despite calls from think tanks, the corporate sector and advocacy groups to admit substantially higher numbers of newcomers.

The news of the plan to keep the immigration level at 300,000 on Monday was a bombshell to many after a summer of public consultations where Immigration Minister John McCallum had repeatedly hinted at "substantially" boosting the number of immigrants and rolling out multiyear targets to manage immigration.

The new plan represents a higher target for economic immigrants from 160,600 in 2016 to 172,500 in 2017, and for family reunification from 80,000 to 84,000 — at the expense of the admission of refugees from 55,800 to 40,000.

At least two national interest groups recently recommended the government increase immigration amid Canada's aging population and low birth rate, to sustain the country's economic growth and support its strained health-care and pension systems.

"This is almost anti-climactic. With all the buildup and rumours, not much is done," said Toronto immigration lawyer Chantal Desloges, who called the government decision a "safe,

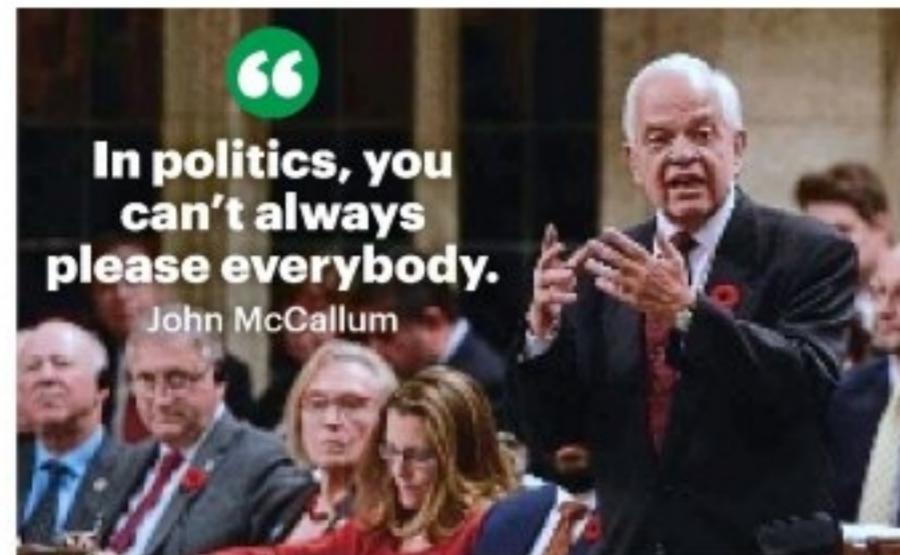
but not as high as 2016."

With the current immigration system plagued with backlogs and long wait times, a higher target would have required more resources for processing applications, not to mention money for newcomer settlement programs.

"In politics, you can't always please everybody," said McCallum. "There may be some who are disappointed, some not. All I am saying is the 300,000 lays the foundation for future growth. We are making it a permanent base."

Kareem El-Assal, a research associate with the Conference Board of Canada, said the 300,000 target has been the highest immigration level for the country since 1913 and shows the government's will to exercise caution and ensure it has the capacity to absorb more immigrants.

"We need to be patient. This is the first full year of the government's mandate. We have three more years to go," El-Assal said. TORSTAR NEWS SERVICE



John McCallum stands during question period in the House of Commons on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

**In politics, you can't always please everybody.**

John McCallum



**DRACULA'S CASTLE THE SPOOKIEST OF NIGHTS** Canadian brother and sister Robin and Tami Varma passed Halloween night curled up in red velvet coffins in the Transylvanian castle in Bran, Romania that inspired the Dracula legend. It is the first time in 70 years anyone has spent the night in the gothic fortress, after they bested 88,000 people who entered a competition hosted by Airbnb to get the chance to dine and sleep at the castle. VADIM GHIRDA/THE ASSOCIATED PRESS

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MONTREAL

## Police tracked journalist's iPhone, *La Presse* reports

A Montreal journalist whose iPhone was monitored by police for months says he was outraged to discover he'd been "spied on" as part of what he calls an effort to identify his sources.

"I was living in the fiction that police officers wouldn't dare do that, and in the fiction that judges were protecting journalists — and hence the public — against this type of police intrusion," *La Presse* columnist Patrick Lagace said in an interview Monday.

"Clearly, I was naive."

The French-language newspaper said it learned at least 24 surveillance warrants were issued for Lagace's phone this year at the request of the police's special investigations unit.



Patrick Lagace *LA PRESSE*

lured them to track the phone's location via its GPS chip.

The surveillance was ordered as part of an internal probe into allegations police anti-gang investigators fabricated evidence.

Five police officers were arrested this summer and two were charged as a result.

Lagace said police told him they obtained the court-authorized warrants because they believed the target of one of their investigations was feeding him information.

But he said the story in question was actually first reported on by a competitor, leading him to believe the investigation was actually a thinly veiled attempt to learn the identity of his sources within the police department. THE CANADIAN PRESS

# Quake-ravaged town 'is dead and buried'

ITALY

## Thousands still in need of housing

Residents of a mountainous region of central Italy displaced by a series of powerful earthquakes resisted relocation Monday and appealed for campers and tents so they could remain close to their homes and businesses.

The latest quake on Sunday morning — with a magnitude 6.6, the strongest to hit Italy in 36 years — caused no deaths or serious injuries, largely because most vulnerable city centres already had been closed due to previous damage and many homes vacated.

But it did complicate relief efforts in a fragile zone still coping with the aftermath of an August earthquake that killed nearly 300 and a pair



Policemen stand by collapsed wall of the village of Norcia on Monday. AFP/GETTY IMAGES

of damaging aftershocks last week.

Civil protection officials said the number of people needing housing has risen by 15,000 since Wednesday, a fig-

ure that does not include the 2,000 who remained displaced from the August quake.

Although thousands already have been moved to coastal regions out of harm's

way, a growing number of quake-stricken communities are insisting on staying put. They say they have businesses to tend to, not infrequently involving livestock, or think that if their homes are still standing they remain the safest place to be.

On Monday, some 20 people remained in the hilltop town of Castelluccio, which aerial video shot by Italian firefighters show was all but razed on Sunday. The town is famous for its lentils and its spectacular display of wildflowers, and the residents who stayed behind include farmers and shepherds sharing a camper and two containers they organized themselves, according to the news agency ANSA.

"This town is dead and buried," Adorno Pignatelli told ANSA. "But we will continue to grow flowers because we won't let it die definitively."

THE ASSOCIATED PRESS

MIDDLE EAST

## Iraqi forces poised on edge of Mosul

Iraqi special forces stood poised to enter Mosul in an offensive to drive out Daesh militants after sweeping into the last village on the city's eastern edge Monday while fending off suicide car bombs without losing a soldier.

Armoured vehicles, including Abrams tanks, drew fire from mortars and small arms as they moved on the village of Bazwaya in an assault that began at dawn, while artillery and airstrikes hit Daesh pos-

itions.

By evening, the fighting had stopped and units took up positions less than a mile from Mosul's eastern border and about 5 miles (8 kilometres) from the centre, two weeks into the offensive to retake Iraq's second-largest city.

"We will enter the city of Mosul soon and liberate it from Daesh," said Brig. Gen. Haider Fadhil of Iraq's special forces.

THE ASSOCIATED PRESS

### IN BRIEF

#### Workers hurt in Alabama gas pipeline explosion

An explosion along the Colonial Pipeline in rural Alabama injured at least seven workers Monday not far from where the line burst and leaked gasoline last month, authorities said.

The blast happened about a mile west of where the pipeline ruptured in September, Gov. Robert Bentley said.

THE ASSOCIATED PRESS

#### Deadly blast at China mine

At least 15 people have been confirmed dead from a gas explosion inside a coal mine in western China, and rescuers on Tuesday were still trying to locate survivors trapped inside. Xinhua News Agency cited the Chongqing municipal coal mine safety inspection bureau in reporting the deaths inside the Jinshangou coal mine in China's Chongqing region on Monday afternoon.

THE ASSOCIATED PRESS

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## EMMA TEITEL ON COLUMNISTS RUN AMOK

# Luckily there exists a method to mask a shortfall of original opinions: The 'Blame-Political-Correctness-Strategy'

I'm going to let you in on a trade secret. Many of us who get paid to "weigh in" on the news for a living run out of ideas on the regular.

I call this "opinion fatigue" and when I suffer a particularly hairy bout of O.F. (roughly three times a week), I make like a contestant on *Who Wants to Be a Millionaire*: I phone a friend.

And I plead: "I'm out of opinions. Do you have any? I'll take anything: Euthanasia, bad breath, bad dry cleaners, the economy . . . anything." In fact, at least a third of my opinions aren't really mine at all. They belong to my friend Travis. (Thanks, Trav).

But what is a brain-drained columnist to do when she runs out of friends and family to pester for fresh content?

Luckily there exists another equally effective method to mask a shortfall of original opinions — one employed by columnists far and wide: the "Blame-Political-Correctness-Strategy."

Here's how BPCS works.

Step 1: Google "political correctness run amok."

Step 2: From the 80,000-plus Google entries that immediately appear, select the most current incident of hypersensitivity on a liberal arts campus you can find ("Yoga banned on account of cultural appropriation!" "Woman triggered by salami sandwich!").

Step 3: Immediately proceed to write a column proclaiming, with righteous indignation, that as a direct result of one or two such incidents, freedom of expression, as we

**For every sliver of 'safe space' on a campus, there are about a hundred others where anything goes.**

know it, is in peril.

Why am I revealing the BPCS secret to you now? Well it just so happens that BPCS is especially popular among pundits and column writers at this juncture.

Why? Because Halloween is upon us, and with Halloween comes all manner of offensive costumes, from the blatantly racist (blackface) to the blatantly tasteless (Caitlyn Jenner) to the truly horrifying. And where there are offensive costumes, there are also offended university students who want to ban them. Enter BPCS.

specifically, costumes that mock rape, suicide, gender identity and costumes that appropriate other cultures — à la "traditional or religious headdresses" — are off limits. To his credit, Chris Green, general manager of the school's students' union, acknowledges that policing the policy is "not an exact science."

You can say that again. When I asked Green how the inexact part of the policy surfaces, he said that just last year (when the same policy was in place) a guy showed up to a students' union Hallow-



wrong is in their rabid, if implicit, assertion that such a policy is newsworthy at all.

Yes, Brock is overreaching, but it and so many campus policies like it are extremely small potatoes. According to Green, the costume prohibition at Brock applies to just two weeknight Halloween parties run by the students' union, at a bar on campus. One of those parties, he says, "is a dry event" (in other words, probably not the first choice of someone who likes to push the boundaries of taste, anyway).

The students' union then is not walking dorm to dorm and house to house policing student costumes. If someone wishes to dress up as Caitlyn Jenner or Bill Cosby, house parties and other bars abound where he is free to be his most distasteful self.

That's the thing about the anti-political correctness argument as it pertains to university campuses. Nine times out of 10 the PC demand at hand is much ado about nothing. Because for every sliver of so-called "safe space" on a university campus, there are about a hundred others where anything goes — spaces where you can go about your day oblivious to the sensibilities and jargon of the far, far left and nobody will bat an eyelash. Spaces where no one checks his privilege or his offensive costume at the door.

So the next time you read an outraged column warning that freedom of expression is in decline, and that 10 years from now you will be living under a politically correct caliphate — remember this column, and read between the lines: Nothing is in decline besides a writer's ability to conjure up fresh ideas on a slow news day.

een event in what looked like "Rastafarian" garb.

The union, wondering if the costume was appropriate, asked the man about his outfit. And what do you know: The guy revealed that it was in fact, a costume derived from his own heritage."

So, it turned out, in an awkward bit of irony, that the would-be protectors of marginalized identities were, for a moment, the ones doing the marginalizing.

I hate to say anything nice about Breitbart, but they aren't entirely wrong to call such a costume policy illogical.

The Brock University Students' Union justifies its position this way: "People's identities are not costumes." More



**HALLOWEEN HORROR?** For every sliver of "safe space" on a university campus, there are about a hundred others where anything goes — like offensive Halloween costumes — Emma Teitel writes. COSTUME SUPPLY CENTRE

## There must be an inquest into remand centre deaths

### INSIDE THE PERIMETER

Shannon VanRaes



Canada does not have the death penalty.

And yet, people are dying in custody. People presumed innocent, people awaiting trial, people who can't make bail. Five deaths have been reported at the Winnipeg Remand Centre in the last six months, four men and one woman.

Errol Greene was being held in custody on a mischief charge when he collapsed on the first of May while speaking to his wife on the phone. She was pregnant with the couple's fourth child at the time. He told her he'd been denied his epilepsy medication for three days before his death.

The family has been given little to go on, other than the three different times of death reported and a disturbing autopsy report. Greene was 26.

Hollie Hall was at the Winnipeg Remand Centre after being accused of breaching a no-contact order. About a month after her arrival she died of a "flu-like" illness. She was 38.

Robert McAdam, 53, died Sept. 6 after he was arrested for allegedly breaching a court order. He is believed to have drank antifreeze before arriving at remand. What, if any, medical treatment he received prior to being found unresponsive in his cell is unknown.

Russell Spence, 31, this month after an alleged altercation while being processed at the centre. He had been brought in on a weapons charge and failing to comply with a court order.

Another unnamed Winnipeg Remand Centre inmate died last week. It is as appalling as it is shocking.

If Manitobans were dropping dead at such a rate in other provincial institutions, heads would roll and change would happen. But for some reason, Manitoba Justice doesn't seem that interested in the issue. Certainly there is no appetite among provincial officials for the inquest families and human rights advocates are now calling for.

Did these five individuals — fathers, sisters, cousins, friends — die because of overcrowding? Because correctional staff are stretched so thin they can't possibly respond to all concerns? Is there a lack of training? Missing resources? Misconduct? Systemic issues?

Did these inmates die because of compassion fatigue? Did they die because correctional workers didn't see them as fully human? Were health issues ignored because of underlying prejudices?

Or were these deaths a string of unfortunate and non-preventable coincidences? Without a public inquest we will never know.

When inmates die due to medical reasons, as opposed to violence, inquests are optional. And while internal reviews of the deaths are underway the results won't be made public unless an inquest is called.

We need that inquest because the public needs answers. The families need answers. Justice officials and correctional staff need answers.

And we need those answers before another life is lost. Because you don't have to be innocent to be a victim.

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EXERCISE

## He recovered a personal training career out of injury

For Jeremy Fernandes, a love of fitness started back when he played sports in his youth — and it's translated into a full-fledged personal training career. With a kinesiology degree from the University of Western Ontario and Precision Nutrition Level II certification under his belt, the 27-year-old personal trainer at Body + Soul Fitness in North York, Ont., brings his well-rounded background to the gym.

Now, he's offering some at-home workout tips anyone can use in their fitness routine. Fernandes also stopped by the Star office to give us the lowdown on his approach to personal training, his top celeb fitness trainer inspirations, and which workouts he thinks are totally over-hyped:

### What sparked your love of fitness?

Being perpetually injured playing sports when I was younger and never knowing why I got hurt. I pulled my hamstrings, glutes and quads playing soccer. At 12, I tore both my ACL and MCL. My doctor told me it was "growing pains." One day, a referee pulled me out of a game because I was limping. After that, I went to physiotherapy, and eventually I started thinking about a career in

# 'Growing pain' was Jeremy's gain



Jeremy Fernandes is a personal trainer at Body + Soul Fitness in North York. TORSTAR NEWS SERVICE

rehab. While studying kinesiology, I learned how to train properly. I'd never done squats or deadlifts because of my knee pain — but I learned I had knee pain because I wasn't doing any of those things.

**Now that you're a trainer, what's your approach to personal training?**  
I work with, generally, older adults — so 40-plus. They're people who have a similar history to me: They've been physically active, they've

been sidelined because of injuries, and they want to feel better, get over those injuries, and incorporate fitness back into their lives.

**Are there any celebrity fitness trainers you ad-**

**mire?**

Eric Cressey is one, and Mike Robertson. They take an evidence-based approach. They're all about strength, but they also take into consideration anatomical differences. They're strong on

**While studying kinesiology, I learned how to train properly.**

Jeremy Fernandes

biomechanics, anatomy, physiology, and break it down into a way that a lay-person can understand.

**Is there a certain type of trendy workout that you think is totally overrated?**  
It's all context-dependant. I don't think going to a yoga class three times a week constitutes strength training. At some point, you need to see progression — and there aren't a lot of opportunities to progress in yoga, pilates, or ballet barre classes. But there's no methodology I really hate.

**How can people stay motivated on a fitness routine?**

Set performance-based goals. Look to achieve something in the gym and train towards that, and don't wait for motivation. The best quote I've heard about motivation is, "It's a friend who makes plans with you and bails last-minute every time." Setting performance-based goals gives you something to work towards. It could be setting a goal of one pull-up, or five body-weight push-ups, and once you've hit that first goal, it becomes infectious.

TORSTAR NEWS SERVICE

## TRY THIS AT HOME RESISTANCE BAND LAT STRETCH

### The lowdown

**Equipment needed:** Heavy resistance band and an anchor (a pole in a basement or a fence post for instance).

**Repetitions:** Eight to 12 per side

**Muscle groups worked:** Lateral line



1 Anchor the band



2 Put your hand through the hole, palm up, and let the band cradle your wrist



3 Close your fingers around the band



3 Hinge at the hips

# Mackenzie Davis' tech-heavy resume

BLACK MIRROR

## Vancouver native is landing strong unique roles

It's hard not to notice a bit of a nerd-girl streak in Mackenzie Davis's technology-heavy resume. The Vancouver actress currently stars in AMC's computer saga *Halt and Catch Fire* as a programming genius, appeared as a NASA technician in *The Martian* last year, and has a yet-to-be disclosed role in the upcoming *Blade Runner* reboot.

Davis is also featured in one of the best-reviewed new episodes of *Black Mirror*, the British anthology series that skewers our smartphone era with its sometimes-alarmist look at modern-day tech anxieties.

The busy actress recently spoke about finding strong female roles and meeting great expectations.

**You've got an impressive resume but I feel like for years people have been saying you are on the verge of something big. It's so funny when people tell you about yourself and you're like, "That's not really my experience." My experience is just that I get to work on better and better things and that's the mark of progress for me. It's not this sense that, "Ooh, something's about to happen." It's like, "Oh my God, I got to do this movie with this person and now I get to do this and I**



**Gugu Mbatha-Raw, left, and Mackenzie Davis star in Black Mirror.** LAURIE SPARHAM/NETFLIX

get to be in Black Mirror and Black Mirror's my favourite show." It feels really lucky to be part of things that you really like.

### What draws you to Black Mirror?

I just think it's so many things. I think it's so clever

and it's so dark and it's really optimistic and it's not just cynical but it's cynical enough. And it causes you to look at yourself and your behaviour and things that you're tacitly agreeing to all the time, and question what that agreement means and what signing away your life

and what signing away your responsibilities for yourself over and over again (means) until you have something else taking care of everything for you. ... It really affects me and ... if I watch an episode I need to take time to think about it because it's just a lot of introspection that goes on.

### Why is this the right time for a fresh take on Blade Runner?

There's a reason why *Blade Runner* has captured our fascination for so long. And not felt dated to return to it all. There's something really enduring about both the aesthetics in the movie, which is

**My experience is just that I get to work on better and better things and that's the mark of progress for me.**

Mackenzie Davis, actress

such an accomplishment for that not to feel dated at all, and the story of the movie. It really continues to resonate with people 30 years later.

### It's great to see you play strong women comfortable with technology.

*Halt* is amazing for that. I feel like they did it so seamlessly where it was never addressed to (co-star) Kerry (Biche) or I in any progressive way of: "Oh, you guys are going to be running a business — as women. Imagine that." They just wrote a really great story and we played the characters. ... It also was so normalized because nobody made a meal out of it on set as though we were doing something really revolutionary.

We just treated women as interesting as men and wrote their characters as characters first and foremost. And when it mattered that they were women we addressed that but most of the time it doesn't matter at all. It's just about the relationship between these two entrepreneurs.

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# Cranberries myth is squashed

Another folk remedy bites the dust. Cranberry capsules didn't prevent or cure urinary infections in nursing home residents in a study challenging persistent unproven claims to the contrary. The research adds to decades of conflicting evidence on whether cranberries can prevent extremely common bacterial infections.

The new study, published online Thursday in the Journal of the American Medical Association, used rigorous methods and the results are convincing, according to a journal editorial. Health care providers who encourage using cranberry products as a prevention method "are doing their patients a disservice," the editorial says.

## THE INFECTIONS

Urinary infections lead to nearly 9 million doctor visits and more than 1 million hospitalizations each year. Men, because of their urinary anatomy, are less vulnerable, while almost half of all U.S. women will develop at least one of these infections in their lifetime. Symptoms can include painful, frequent urination and fatigue. Antibiotics are often used to treat the infections.

## HEALTH BRIEFS

### Sugar for kids' migraines

A new study found that sugar pills worked as well at preventing kids' migraines as two commonly used headache medicines, but had fewer side effects.

The results may lead doctors to rethink how they treat migraines in children and teens. It's the first rigorous test in kids of two generic drugs that are also used for adults' migraines, topiramate and amitriptyline. Both drugs reduce by half the number of days kids had migraines over a month's time. But so did placebo sugar pills.

The study was released online Thursday in the New England Journal of Medicine. THE ASSOCIATED PRESS

### Skin patch for kids with peanut allergy

A new study shows a wearable skin patch may help children who are allergic to peanuts by delivering small doses of peanut protein.

The National Institutes of Health funded the year-long study. It says nearly half of those treated with the patch were able to consume at least 10 times more peanut protein than they were able to consume prior to treatment.

THE ASSOCIATED PRESS



In a study published Thursday in the Journal of the American Medical Association, cranberry capsules didn't prevent or cure urinary infections in nursing home residents. MARK BUGNASKI/KALAMAZOO GAZETTE - MLIVE MEDIA GROUP VIA AP

## THE STUDY

The research included 147 older women in nursing homes who were randomly assigned to take two cranberry capsules or dummy pills for a year. The number of women with laboratory evidence of infection—bacteria and white blood cells in their urine—varied during the study but averaged about 29 per cent overall in both groups. Ten infections in the cranberry group caused overt symptoms, compared with 12 in the placebo group but that difference wasn't statistically significant.

## THE ADVICE

People who think they have a urinary infection should see a doctor for diagnosis and treatment, but avoid cranberry products "in place of proven treatments for infections," according to the National Institutes of Health alternative medicine branch. The journal editorial says additional research is needed to find effective treatments. "It is time to move on from cranberries," the editorial says.

THE ASSOCIATED PRESS

## STUDY

# Cholesterol test for baby may help

What if a blood test could reveal that your child is at high risk for early heart disease years in the future, giving you a chance to prevent it now? A big study in England did that—screening thousands of babies for inherited risk—and found it was twice as common as has been thought.

Statins aren't recommended until around age 10, but certain dietary supplements such as plant sterols and stanols could help younger kids, Urbina said.

The study also revealed parents who had the condition but didn't know it, and had passed it on to their children. Ninety per cent of them started taking preventive medicines after finding out.

Researchers say the two-generation benefits may convince more parents to agree to cholesterol testing for their kids. An expert panel in the United States recommends this test between the ages of 9 and 11, but many aren't tested now unless they are obese or have other heart risk factors such as diabetes or high blood pressure.

For every 1,000 people screened in the study, four children and four parents were identified as being at risk for early heart disease. That's nearly twice as many as most studies in the past have suggested.

Dr. William Cooper, a pediatrics and preventive medicine professor at Vanderbilt University, called it "an innovative ap-

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# CONTINUING EDUCATION

## On the same page at a different age

At 32 years old, Jesse Greenway decided it was finally the right time for him to pursue a degree. Having spent many years in the naval force post-high school, the Vancouver native chose creative writing as a post-secondary path and entered Douglas College in New Westminster, British Columbia.

"I showed up to Douglas on this crazy busy first day," says Greenway. "Looking around the campus it immediately hit me that almost everyone I was seeing was in their early 20s, and I was close to the same age as the profs. I felt totally out of place."

Greenway's experience of uneasiness is common to many mature students who find it difficult to settle within a sea of colleagues sometimes decades younger than they. But is there hope of finding a place amongst younger pupils even far into the fall semester? Brian Lejnieks, instructor in the faculty of continuing education at Seneca College, is optimistic.

"If you feel a little disconnected, make sure you discuss this with your instructor," says Lejnieks. "They can share strategies to help you feel more comfortable. The instructor can also look for ways to help you better connect with your classmates."

Strategies, adds Lejnieks, that include making a concerted effort to set aside age-defining boundaries and reach out to those around you.

"Look for a connection," suggests Lejnieks. "If a younger student opens their laptop and the wallpaper on the screen is, for example, a sports team you follow, this can lead to a brief discussion on a topic in which you have a mutual interest."

Lejnieks additionally reminds that while mature students may feel wiser and more experienced than their peers, younger students can offer a perspective that can be new and refreshing to many in the class.

Greenway agrees.



ISTOCK

"Once I finally started to connect with some of the students at Douglas I found a lot of them had this energy and passion about the whole experience that started to influence my own enjoyment of the program," he says. "It was contagious."

And for those still struggling with age-anxiety as semester one creeps to a conclusion, Greenway assures that a sense of

academic solidarity will ultimately drive away a student's lingering doubts.

"You absolutely will eventually get used to it," he says, having graduated from the program last spring. "Once you come to realize that everyone is ultimately there to achieve the same goal, age just won't matter anymore."

— LIZ BEDDALL

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The mature student diploma at the Louis Riel Institute Adult Learning Centre is a fast, easy way for mature students (age 19 and up) to obtain their grade 12.

The MSD is equivalent to a Manitoba high school diploma.

Recently, the Louis Riel Institute has switched to the four-term system to allow for an even easier continuous entry.

"It enables us to offer more classes and helps students to graduate faster," says Terri-Lynn Habinski, retention and support worker for the Louis Riel Institute Adult Learning Centre.

"We offer continuous intake throughout the year, independent study options, flexible schedules, career planning, a breakfast program, field trips, and a supportive learning environment."

On average it takes a student, attending full-time classes, one full school year to

complete the MSD.

With the new four-term system, it makes it easier for individuals to start working towards their grade 12 diploma through the MSD at the Louis Riel Institute.

"It is challenging to find a job without a high school diploma and it's the first step to pursuing further education," says Habinski.

"Many post-secondary programs require a grade 12 diploma."

The Louis Riel Institute also offers independent study options such as online courses and take-home modules.

"If a student has high school credits from previous years, they are able to transfer them into our program to shorten their study time," says Habinski.

For more information about the mature student diploma or the Louis Riel Institute, visit [louisrielinstitute.com](http://louisrielinstitute.com).

# Prepare for your health care career in just one year

Robertson College is a career-focused education provider; therefore, academic programs are geared toward individuals who wish to pursue a new career path or update an existing skill.

Robertson College's programs are generally one-year or less, by design, and tailored to student needs and industry demands.

"This allows students to quickly embark in their chosen career field while fulfilling the community's need to have qualified workers entering the workforce," says Dr. Ann Larson, chief academic officer, Robertson College.

For those individuals considering a career in health care, Robertson College has a number of different programs that can prepare students to be workforce-ready in under a year.

Robertson College offers many health-care-related programs such as community support worker, health care aide, health care aide challenge, health unit clerk, massage therapy, medical laboratory assistant, medical office assistant, nursing assistant, pharmacy assistant, pharmacy technician, and a national pharmacy technician bridging education program (not all programs are offered at all locations).

As a result of Canada's skills shortage, career education is in high demand as is the demand for skilled health care professionals.

"The aging population, more health conscious lifestyles, and advancements in technology are just a few factors related to the increase in career opportunities within the health care field," says Larson.

"Now is a great time join a rapidly growing, ever-changing, exciting industry."

The health care industry provides diverse career opportunities ranging from direct-care positions to various support roles. Additionally, the health care settings range from large hospitals to smaller specialized offices.

"Whatever the preference, graduates have the opportunity to find a health care career that matches their skills and interests," says Larson.

"The ability to help people, directly or indirectly, is perhaps the biggest benefit of working in the health care industry and, often, is very rewarding."

Robertson College's curriculum incorporates theory and active-learning components.

The practicum allows students to gain hands-on experience utilizing the knowledge and skills learned throughout their program.

"The practicum placements provide an avenue for the College to build strong partnerships in the community," says Larson.

"This assists with placing students for practicum, staying informed of career opportunities, and for receiving continual program feedback from industry that assists us with improving and updating our curriculum."

No matter what program individuals choose to study, Robertson College's goal remains the same – student success.

"The fundamental outcome for all programs offered at Robertson College is professional competence," says Larson.

"We expect graduates to enter the workforce with the knowledge and training needed to pursue their passion."

For more information about the health care programs offered at Robertson College, visit [robertsoncollege.com](http://robertsoncollege.com).



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—Dr. Ann Larson,  
chief academic officer,  
Robertson College

An advertisement for Robertson College. It features a close-up photo of a smiling female student wearing a stethoscope around her neck. To her left, a large red and blue graphic shape contains the text "I NEED: On-the-job training". The Robertson College logo is in the bottom right corner. The text "Explore Your Options at Robertson College. Morning, Afternoon, Evening, Weekend & Online" and the phone number "204.943.5661 | [robertsoncollege.com](http://robertsoncollege.com)" are also present.

# New teacher updates skills for Canadian schools

Areej Tahboub is using the opportunities she received in PACE (The University of Winnipeg Professional, Applied and Continuing Education) to help provide opportunities for others.

Tahboub arrived in Canada in 2013 and began working as a substitute educational assistant with Louis Riel School Division.

Despite prior work as a teacher in her home country of Jordan, Tahboub found she lacked experience working with students who have learning disabilities.

That, coupled with a desire to learn more about the Canadian school system, led her to seek out the advice of colleagues, who recommended she enroll in PACE's educational assistant program.

This program has been designed to give individuals theoretical and practical knowledge needed to become a confident and effective presence in the classroom. It focuses on the role of the educational assistant in the learning system and students will have the opportunity to share experiences with other educational assistants.

Throughout the program, students will explore key topics such as development, reading, writing, language, mathematics and behaviour.

For Tahboub, she appreciated the engaging and accessible approach of her instructors, who often used interactive presentations and one-on-one instruction in place of traditional lectures.

She found the most rewarding aspect of the program to be the practicum, which allowed her to translate the theoretical knowledge she gained into practical experience.

Tahboub gained from the program a better understanding of behaviour management and crisis intervention, and the staff at Louis Riel School Division has noticed her increased confidence when working with students.

Her new skillset is also helping her prepare classroom projects and teaching materials.

Building on the lessons she's learned at PACE, Tahboub now plans to further her education and become a full-time teacher.

Graduates of this program may be eligible



CONTRIBUTED

9 a.m. until 4 p.m..

The program also includes an eight-week practicum.

For more information about the education assistant program at PACE, visit [pace.uwinnipegcourses.ca](http://pace.uwinnipegcourses.ca).

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"Our courses are designed for those who have finished high school, have been working in industry and want to expand their skills, or those looking to build on your existing college or university credits," says Vera Godavari, project and communication officer, RRC.

"Part-time learning, particularly with online courses and programs, allow students to shift time so they can manage their schedules and achieve their educational goals."

The World Economic Forum projects people will change careers at least seven times.

With that in mind, RRC programs are designed to help individuals make that change and develop the skills they will need to succeed in any of these given career paths.

Continuing Education at RRC offers a range of courses and programs in all interest areas: business, community services, skilled trades, transportation, education, health and IT.

"Regardless of your current skill or interest, we can provide you with opportunities to expand that skillset or develop a new one," says Godavari.

New this winter, RRC is offering three courses in harassment in the workplace.

These courses are designed to educate and help employees and managers on what harassment and bullying in the workplace looks like, current policies and investigations, and how to manage it.

RRC is also offering a new part-time warehousing and distribution technician certificate that has been designed to prepare individuals for a career in the fast-paced and in-demand warehousing sector of the supply chain industry.

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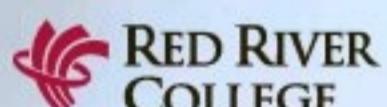


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Students will learn to manage projects as a leader, applying project management practices within strategic plans, while recognizing and upholding the ethical, legal and organizational responsibilities

project managers have to the people in the workplace.

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# Align skills with pharmacy changes

The National Pharmacy Technician Bridging Education Program™ at MITT (Manitoba Institute of Trades and Technology) has been developed by the National Association of Pharmacy Regulatory Authorities (NAPRA) to assist individuals already working in the role of pharmacy technician to upgrade their skills to align with changes in the scope of practice of pharmacy technicians, without returning to school to complete a full-time training program.

"Regulations regarding the training levels of pharmacy technicians has changed and all technicians must meet the Professional Competencies for Canadian Pharmacy Technicians at Entry to Practice," says Beverlie Stuart, senior manager, business development, Workforce Development and Continuing Education, MITT.

"These competencies describe the roles and responsibilities of pharmacy technicians as regulated health care professionals, articulating that pharmacy technician's expertise focuses on the knowledge, skills and abilities related to the technical elements of prescription and patient information, and of product and drug distribution."

Pharmacy technicians are responsible and accountable for ensuring the safety and quality of prescription-product preparation and release, and pharmacy technicians collaborate with pharmacists in health and wellness promotion, disease prevention and chronic disease management, and in supporting the autonomy of patients.

The program addresses competencies required of regulated pharmacy technicians in both hospital and community practice.

The goal of this program is to enable regulated pharmacy technicians to relocate and work anywhere in Canada without the need to re-qualify.

"There are many reasons why now is a great time to consider upgrading skills in this field, including job security and good pay," says Stuart.

"Some technicians carry on with their education and become pharmacists, while some enjoy working in a health care setting with customers and patients."

The MITT pharmacy bridge program is offered at two locations: the Pembina campus and the Health Sciences Centre.

"Our instructors are professional practitioners and educators," says Stuart.

"With strong connections directly to industry, we offer classes at times and in locations that meet the needs of our learners."

## To learn more

For more information about the pharmacy technician bridging program at MITT, visit [mitt.ca](http://mitt.ca).



CONTRIBUTED

# Accelerate Your Future

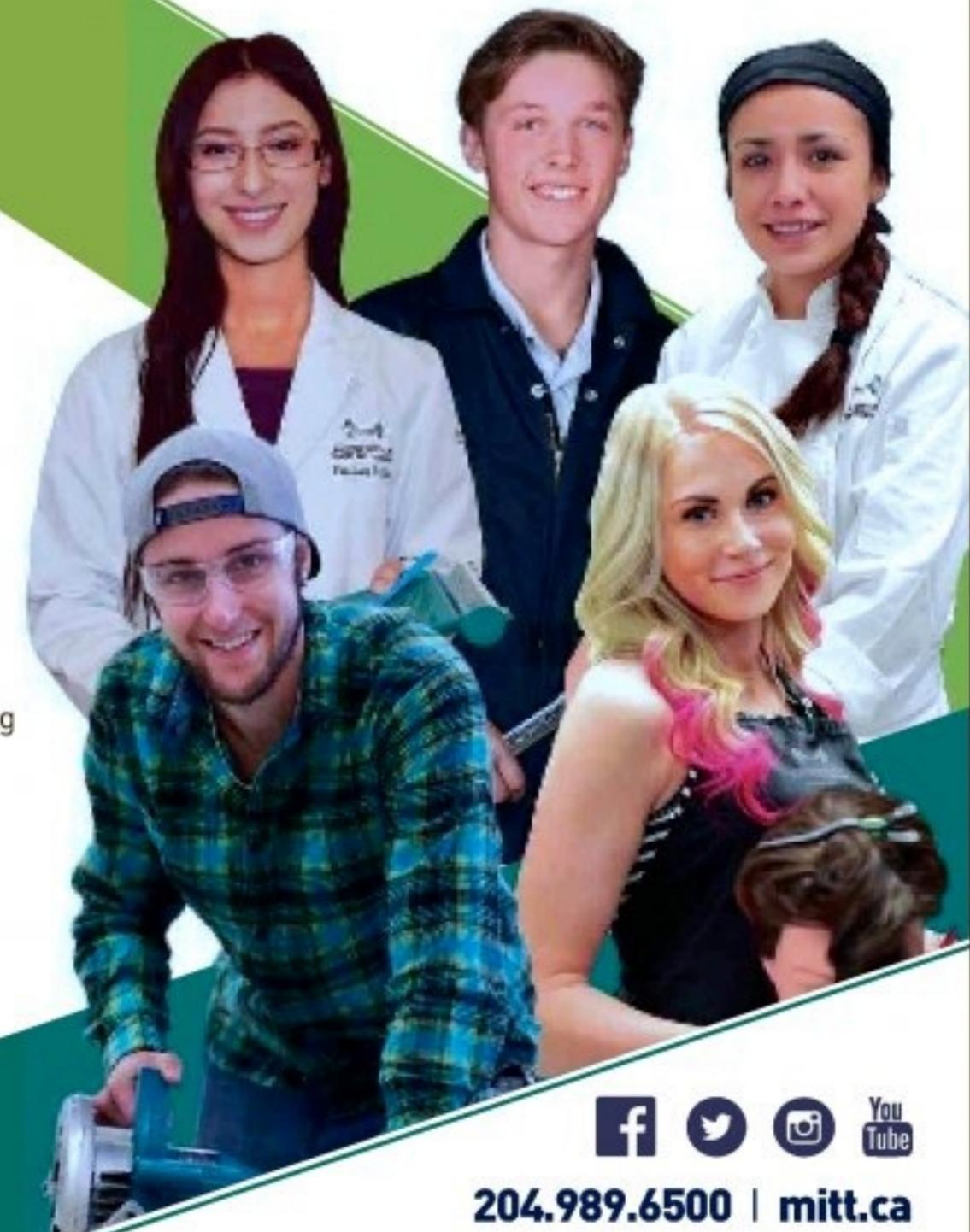
If you want a career instead of a job, and a future you can look forward to, you need real-world training: MITT wants to help you get there, faster. Our courses cover everything from welding to hairstyling, carpentry to network security, and thousands of students have discovered our unique advantages.

A third of our students already have some post secondary training—but found that today's job market demands practical, technical skills. Our training is designed with industry advice, to meet their needs. Some of our students land jobs before they even finish their program, and **80%** get work in their fields within six months of graduating.

Another portion of our students are in high school, and graduate with both a diploma and the first stage of an accredited skill. They start their careers sooner, and instead of wondering "What next?", they hit the accelerator.

Our international students come from around the world, attracted by Manitoba's diverse economy, our welcoming culture, and the opportunity to learn from top instructors, in a thriving college environment.

At MITT, we believe your education should be a solid foundation you can use to get into a meaningful job sooner, or, to continue your learning journey elsewhere. Check us out today and apply early, because our programs fill fast.



MANITOBA INSTITUTE OF  
TRADES AND TECHNOLOGY



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# Bombers can't afford to take foot off gas pedal

## BOMBERS THIS WEEK



Ed  
Tait

They turned the ball over and were run over, struggled on offence and defence and looked absolutely nothing like the club that had been on a 9-2 run since late July.

And following Saturday's lacklustre effort in a 23-10 loss to the Ottawa Redblacks we heard variations of the same message coming out of the Winnipeg Blue Bombers' dressing room:

"What bothers me is we didn't look like us at all," said linebacker Khalil Bass.

"We just weren't ourselves today. We were flat," running back Andrew Harris said.

"We just didn't do a good enough job of being who we're supposed to be, who we've been all year," defensive end Jamaal Westerman said.

Here's the thing about the 'that's not us' refrain: for three hours Saturday afternoon, it was the Bombers and that's a disturbing development, not just with second place in the West Division at stake, but with the first playoff game in five years now just 12 days away.

The already-thin margin for error for this team — now 10-7 and still with a shot at



Mossis Madu Jr. of the Redblacks leaps over the Blue Bombers' Maurice Leggett as Khalil Bass waits to make a tackle on Saturday at Investors Group Field. JOHN WOODS/THE CANADIAN PRESS

second in the West, but also with the possibility of finishing third or fourth — gets even tighter with the playoffs nearing.

This is a football team that

plays with passion, with a defence that attacks to force turnovers, a cyborg in kicker Justin Medlock and an offence that takes care of the football and has flashed some

creativity.

But, aside from Medlock hitting his only field-goal attempt, all of that was missing in the loss to Ottawa.

The passion and intensity which has been part of this identity was gonzo in a game they needed to maintain control of their own destiny in terms of landing a home playoff date. Now, they'll have to win Friday in Ottawa and

**That's the beauty of this: we have another week to come back from this and it's how you go into the playoffs.** Running back Andrew Harris

then hope the B.C. Lions (11-6) fall to the Saskatchewan Roughriders in their finale to be playing again at Investors Group Field on Nov. 13.

But where that playoff game is — Winnipeg, Vancouver or Hamilton — will matter little if the Bombers can't find that edge to their game again. Look, arguably the biggest transformation of this team this year has seen it morph from a unit hoping to win, to one expecting to win. Still, as good as this team has been over the last three months, it's not talented enough to take its foot off the gas at all and expect to coast to victory. This bunch must jam the pedal down to the floor boards and keep it there. And if it doesn't, we get what happened Saturday.

"I'd rather it now than two weeks from now (in the playoffs)," said Harris of the loss. "That's the beauty of this: we have another week to come back from this and it's how you go into the playoffs."

He's right, but he also knows the flip side is this: rust never sleeps. And rusty teams are easy prey in the post-season.

Ed Tait is the Blue Bombers director of content. His columns appear weekly in Metro. Follow him daily on Twitter (@EdTaitWFC) and [bluebombers.com](http://bluebombers.com).

## COURT

# Charges against Kane dropped

A judge will dismiss the charges against Buffalo Sabres forward Evander Kane stemming from scuffles with women in a bar if he stays out of future trouble, according to a prosecutor who described the athlete's behaviour as "arrogant, boorish and surly, but not criminal."

The arrangement is contingent on the 25-year-old player avoiding legal issues for the next six months.

Kane did not speak during or after his brief appearance in Buffalo City Court on Monday.

Kane's lawyer said the action does not include an admission of guilt, and Kane still denies the allegations.

"Evander has steadfastly maintained that he did nothing wrong," attorney Paul Cambria told reporters after the hearing. "Nothing has changed."

Kane was arrested in July, a month after he was accused of grabbing three women by the hair and neck in separate encounters on the same night in a downtown Buffalo bar. He was charged with misdemeanor trespass and noncriminal violations of harassment and disorderly conduct.

THE ASSOCIATED PRESS

# RECYCLE SOMETHING NEW

Plastic bags are recyclable, just not in your blue bin.



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#KnowYourRecyclables  
Drop them off at any  
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# Home is where the party is

## WORLD SERIES

## Cleveland wants to celebrate at Progressive Field if it wins

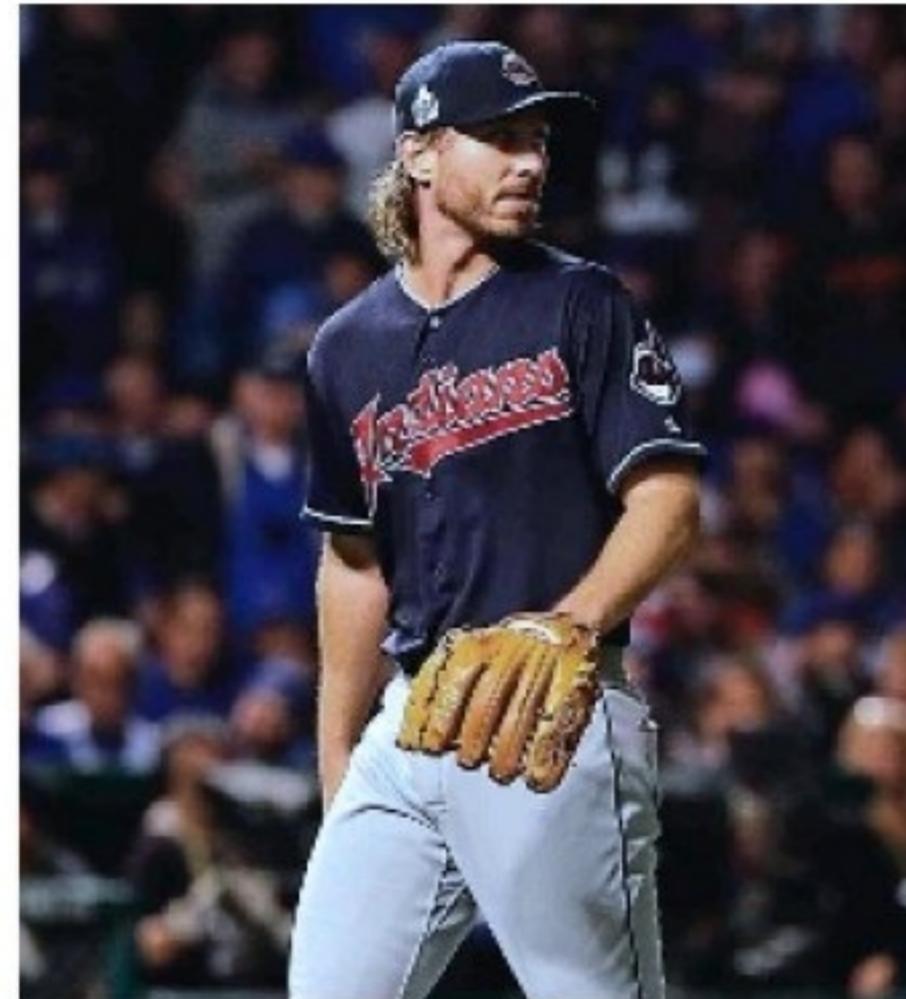
Josh Tomlin looked forward to Halloween and dressing up with his daughters, two-year-old Makenzie Jae and one-year-old Myla Kate.

"I might be daddy piggy," he said.

With Cleveland anticipating the city's first World Series championship since 1948 — and its first title clincher at home since 1920 — the Indians' Game 6 starter was happy to be back home ahead of his outing against the Chicago Cubs on Tuesday night.

Chicago closed to 3-2 with Sunday's win at Wrigley Field. The Cubs, who haven't won it all since 1908, are trying to become the first team to overcome a 3-1 Series deficit since the 1985 Kansas City Royals and the first to do it by winning Games 6 and 7 on the road since the 1979 Pittsburgh Pirates.

Rather than celebrate in the



**Cleveland's Josh Tomlin** will be the Game 6 starter for the hosts, while Jake Arrieta will start for the Cubs. JAMIE SQUIRE/GETTY IMAGES

cramped visitors' clubhouse at Wrigley, the Indians are in position to party in their own digs at Progressive Field — where a

makeshift shrine to Jobu, the Voodoo idol from the Cleveland clubhouse in the 1989 film Major League, was erected in

a stall between the lockers of Mike Napoli and Jason Kipnis.

"He's just chilling over there, doing his thing," Napoli said.

Cleveland fans have missed out on being there for this year's big events: first, the Cavaliers completed their NBA Finals comeback on the road, beating Golden State in Game 7 for the city's first major pro sports championship in 52 years. Then, the Indians clinched the AL Central crown at Detroit, won the

Division Series in Boston and the AL Championship Series at Toronto.

"It'll be ideal. We have a better situation to do it now," Kipnis said. "It would be nice to actually do one in front of the home crowds."

The baseball season spills into an unusual month for the fifth time, with Rocktober parties replaced by two teams hoping for a November to remember.

Jake Arrieta, who pitched no-hit ball into the sixth inning to win Game 2, starts on five days' rest for the Cubs against Tomlin,

who will have had three days off since throwing 58 pitches in his Game 3 no-decision.

If the Cubs force Game 7, Kyle Hendricks would pitch on regular rest for Chicago against Corey Kluber, who would make another start on short rest and try to become the first pitcher to

win three starts in one Series since Detroit's Mickey Lolich in 1968.

Chicago delayed its charter flight to Cleveland until Monday night.

In the Wrigley Field clubhouse, a message said: "Halloween costumes are encouraged on the plane."

"We wanted them to have the opportunity to be with their kids today during the Halloween moment," Cubs manager Joe Maddon said.

"After that game last night, believe me, man, I was in no mood to get up and travel today. I think it actually is working out pretty well. We're going to get in at a really good hour, grab stuff to eat and go to bed."

THE ASSOCIATED PRESS

## INTRODUCING PLAYNOW SPORTS POOLS

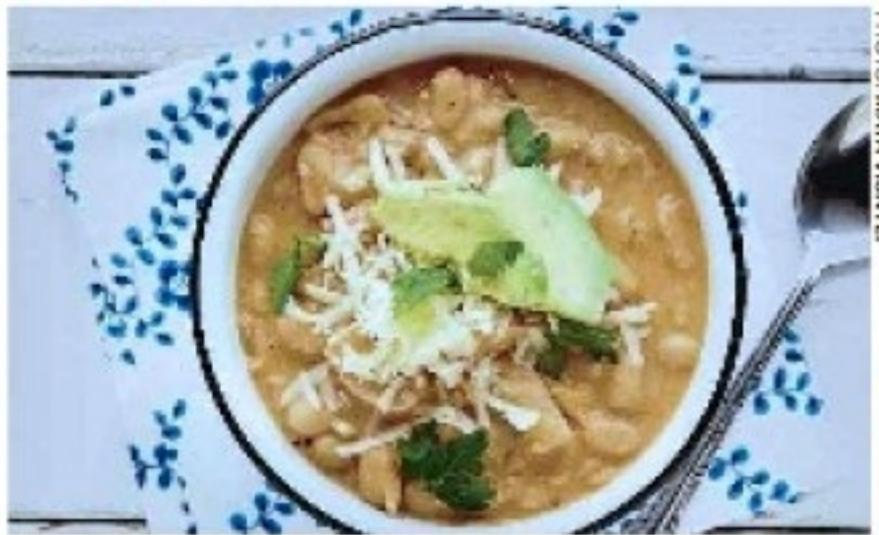
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Pick the winners.  
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Win or Share the  
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Play Pools and get a \$5 Freebet.

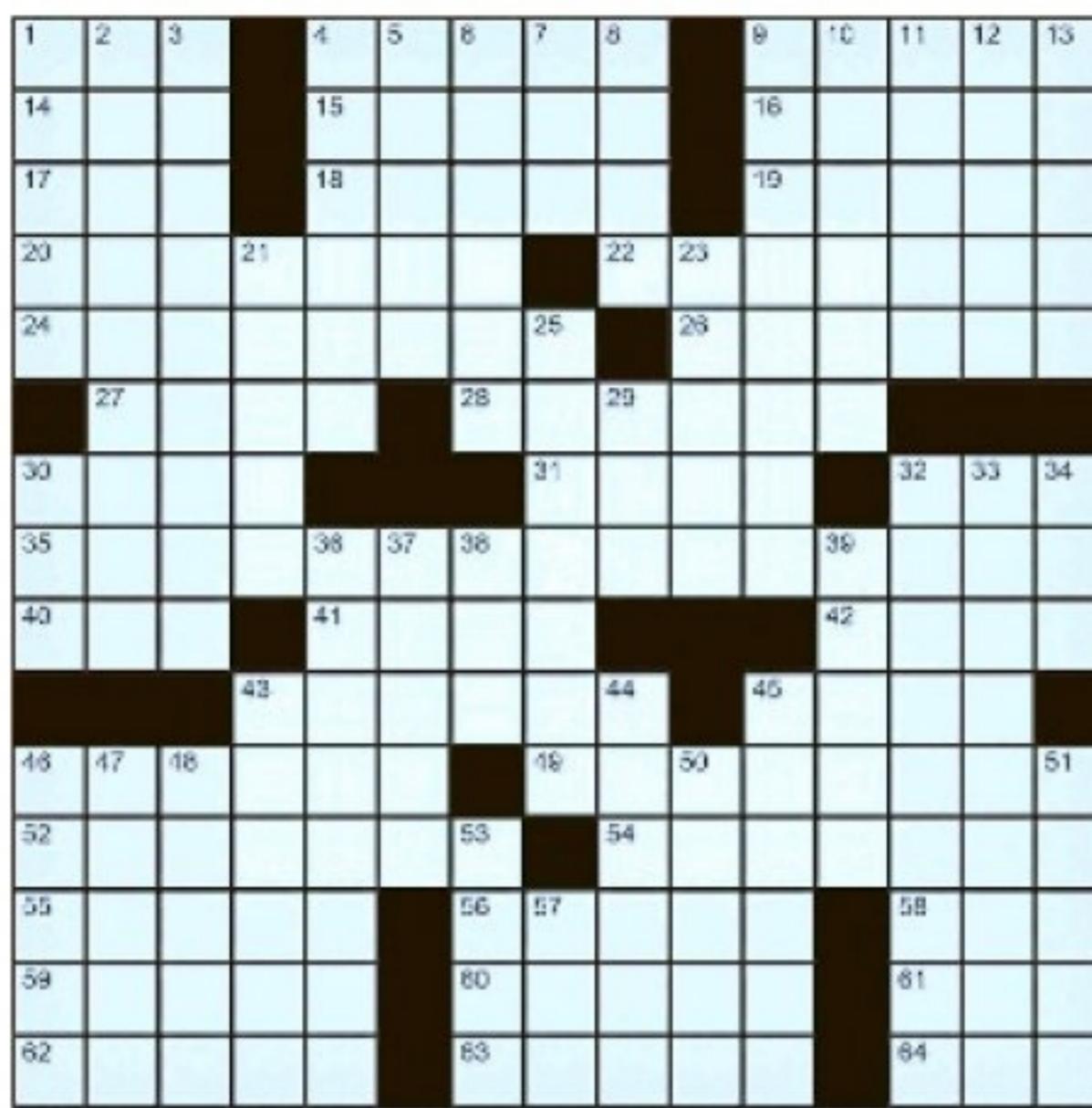
\*Conditions apply

**RECIPE** White Chili**CROSSWORD** Canada Across and Down

BY KELLY ANN BUCHANAN

**ACROSS**

- "I \_\_\_ Rock" by Simon & Garfunkel
- "Mad Men" gig
- State of conflict
- Used to be
- Jeweller's eye piece
- "(Get Your Kicks on) \_\_\_ 66" by The King Cole Trio
- State-of-the-\_\_\_
- Pitchers
- Choler
- Everest endeavour equipment: 2 wds.
- Silver-\_\_\_ (Eloquent)
- Fajita need
- Seizes control
- Icky-\_\_\_ (Yuckies)
- Ask people to the party
- Take part
- Martial Arts practicing centre
- Ms. Peeples
- Nova Scotia: Multi-purpose cultural complex (theatre, market, conventions) in downtown Dartmouth: 2 wds.
- Negatives
- Big slice of the cake
- "This is fun!"
- \_\_\_ of error
- Hide
- Gets eight hours
- Hobby plane creator
- Landline telephone part
- 1958 Jimmy Stewart/Kim Novak classic directed by



Alfred Hitchcock  
55. Sound  
56. Clinging wall vines  
58. \_\_\_ Paulo, Brazil  
59. Apprehension  
60. \_\_\_ Bonnet, Manitoba  
61. Exploder  
62. Too soon

63. Hair lock  
64. Aves.

**DOWN**

- Pend
- Historic mercantile traveller from Venice: 2 wds.
- Sun's rocky orbiters
- "Gilmore Girls" star Ms. Bledel
- Carpentry pin
- Oatsy dried fruit mix
- Prime Minister Lester B. Pearson's birthday, \_\_\_ 23rd, 1897
- Up-in-a-tree sight
- Emmy-winning "Breaking Bad" star Bryan

**Ceri Marsh & Laura Keogh**  
For Metro Canada

For obvious reasons, this isn't your average chili but it can go toe-to-toe with any beefy bowl you throw at it. That's a promise.

**Ready in 55 minutes**

Prep time: 10 minutes  
Cook time: 45 minutes  
Serves 4

**Ingredients**

- 1 lb. chicken breast, cut into inch cubes
- 1 onion, diced
- 2 or 3 garlic cloves, minced
- 2 x 14 oz cans of cannellini beans
- 2 cups low-sodium chicken stock
- 2 Tbsp lime juice
- 1 tsp cumin
- 1 tsp oregano
- 1 Tbsp chili powder
- 1 cup Greek yogurt
- salt and pepper to taste
- 1/3 cup fresh cilantro for garnish

**Directions**

- Brown the chicken over medium heat in small batches — don't worry about cooking it through, just get some nice colour going.
- Remove from the pan and place on a plate. Set aside.
- Saute the onions and garlic until they start to smell fantastic. Now add the spices and let them cook for a minute or two. Add the beans, broth and mix in the chicken. Let simmer for about 20 minutes.
- Turn the heat down and stir in the yogurt. Now add the lime juice and have a taste to check the seasoning. Add a little salt and pepper if it needs it.
- Serve with a good sprinkling of cilantro.

FOR MORE MEAL IDEAS, VISIT  
SWEETPOTATOCHRONICLES.COM

**\* IT'S ALL IN THE STARS** Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
Be realistic in your financial dealings today, because you are inclined to give away the farm. Don't forget to cultivate a healthy self-interest.

**Taurus** April 21 - May 21  
Relations with others are warm and cozy today, because there's an easy camaraderie between you. There also is a sense of mutual empathy and understanding.

**Gemini** May 22 - June 21  
Someone might approach you for advice at work today. Perhaps he or she just needs a sympathetic ear? Whatever the case, you will do what you can to help.

**Cancer** June 22 - July 23  
Today you are in touch with your creative vibes. Explore ways to express your artistic talents. Many of you feel sympathetic toward children today.

**Leo** July 24 - Aug. 23  
Today a family discussion will be heartfelt and sincere because you feel genuine concern for someone. It's a good day for this kind of discussion, because you are sensitive to what others need.

**Virgo** Aug. 24 - Sept. 23  
You might spend a lot of time today daydreaming or being lost in a fantasy. That's OK, because we all need time to envision our Walter Mitty dreams.

**Libra** Sept. 24 - Oct. 23  
Be careful with your finances today, because you might give away too much or feel so sympathetic to someone that you ignore your own needs. Try to keep a healthy balance.

**Scorpio** Oct. 24 - Nov. 22  
You are tuned into the wants and needs of someone close to you today. That's why any discussion that you have with this person will be sensitive and meaningful.

**Sagittarius** Nov. 23 - Dec. 21  
Something going on behind the scenes might be secretive today, or perhaps you will discover a secret. Whatever the case, things are mysterious and hidden.

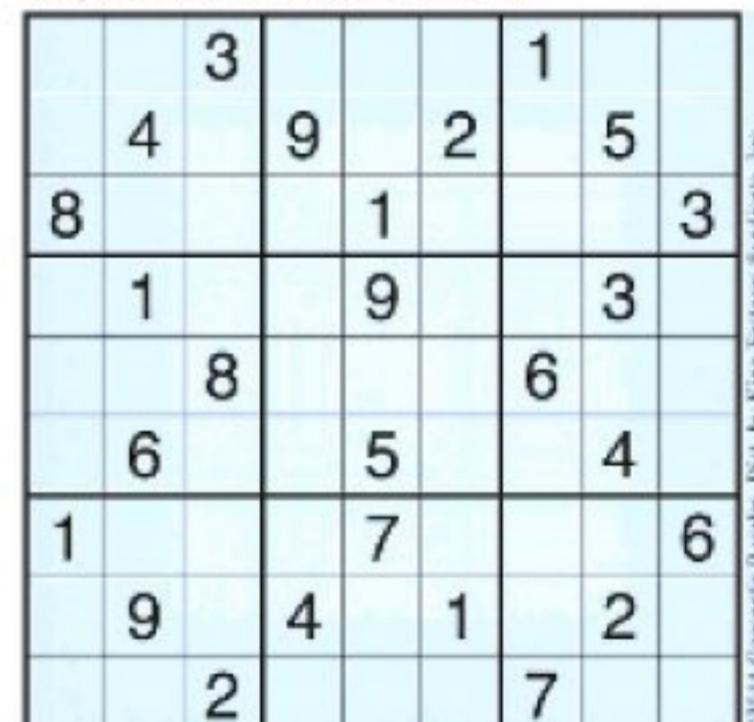
**Capricorn** Dec. 22 - Jan. 20  
It's easy to idealize a friend today or put someone up on a pedestal. In the long run, this generally leads to disappointment. Try to see others in realistic terms.

**Aquarius** Jan. 21 - Feb. 19  
Someone in a position of power might feel sympathetic to you today and want to help you. Or perhaps you are the person who wants to help someone else.

**Pisces** Feb. 20 - March 20  
Because your appreciation of beauty is heightened today, enjoy art galleries, museums, beautiful parks and gorgeous, architectural buildings. See the beauty in your world.

**CONCEPTIS SUDOKU** by Dave Green

Every row, column and box contains 1-9



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# RECYCLE SOMETHING NEW

Plastic bags can be  
made into dozens of  
useful new products.



**MMSM**  
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Stewardship Manitoba  
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Drop them off at any  
designated location listed  
on [simplyrecycle.ca](http://simplyrecycle.ca)

